

# Chermoula-Coconut Lamb & Pearl Couscous

with Chargrilled Capsicum Salad & Mint-Fetta Yoghurt

Grab your Meal Kit with this symbol



Mint



Roasted Almonds



Pitted Dates



Coconut Milk



Passata



Chermoula Spice Blend



Vegetable Stock Powder



Pearl Couscous



Salad Leaves



Slow-Cooked Lamb Shoulder



Greek-Style Yoghurt



Fetta Cubes



Chargrilled Capsicums

Prep in: **20-30** mins  
Ready in: **45-55** mins

This divine meal centres around a tender, already slow-cooked lamb shoulder. Roast it with coconut milk, passata, dates and our chermoula spice blend and prepare to be wowed. Serve with some equally impressive sides, including a delightfully doughy pearl couscous and a tangy, refreshing yoghurt.

### Pantry items

Olive Oil, Balsamic Vinegar



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Two medium or large baking dishes

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
mint	1 bag	1 bag
roasted almonds	1 medium packet	1 large packet
pitted dates	½ medium packet	1 medium packet
coconut milk	1 medium tin	1 large tin
passata	1 box	2 boxes
chermoula spice blend	1 medium sachet	1 large sachet
vegetable stock powder	2 medium sachets	2 large sachets
slow-cooked lamb shoulder	1 packet (300g)	1 packet (600g)
pearl couscous	1 medium packet	1 large packet
<b>water*</b>	1 ½ cups	3 cups
Greek-style yoghurt	1 medium packet	1 large packet
fetta cubes	1 small packet	1 medium packet
chargrilled capsicums	1 packet	2 packets
<b>balsamic vinegar*</b>	drizzle	drizzle
salad leaves	1 medium bag	1 large bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4235kJ (1012Cal)	759kJ (181Cal)
Protein (g)	43.7g	7.8g
Fat, total (g)	54.5g	9.8g
- saturated (g)	30.1g	5.4g
Carbohydrate (g)	83.2g	14.9g
- sugars (g)	25.1g	4.5g
Sodium (mg)	2206mg	395mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Roughly chop **mint** leaves. Roughly chop **roasted almonds**. Set aside.
- Cut **pitted dates** (see ingredients) into halves.



## Make the mint-fetta yoghurt

- When the lamb has **5 minutes** remaining, combine **Greek-style yoghurt** and **mint** in a small bowl.
- Crumble in **fetta cubes**.
- Stir to combine.



## Roast the lamb

- In a baking dish, combine **coconut milk**, **passata**, **dates**, **chermoula spice blend** and 1/2 of the **vegetable stock powder** (1 sachet)
- Place **slow-cooked lamb shoulder** in the baking dish, turning to coat. Pour **liquid** from the packaging over the lamb (for a 4-person portion, separate the lamb into its two pieces!).
- Cover the dish with foil, then roast for **25 minutes**.
- Remove from oven. Uncover, then turn **lamb** over. Roast, uncovered, until browned and heated through, a further **10-12 minutes**.

**TIP:** If the lamb has a fat layer, turn the fat-side up after removing the foil.



## Toss the salad

- Roughly chop **chargrilled capsicums**.
- In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Add **capsicums** and **salad leaves**. Toss to coat.



## Bake the pearl couscous

- While the lamb is roasting, combine **pearl couscous**, remaining **vegetable stock powder** and the **water** in a second baking dish.
- Bake until couscous is 'al dente' and water is absorbed, **24-28 minutes**.

**TIP:** 'Al dente' pearl couscous is cooked through but still slightly firm in the centre.



## Serve up

- Shred lamb directly in the baking dish using two forks (or slice, if you prefer).
- Divide pearl couscous and chargrilled capsicum salad between plates. Top with chermoula-style lamb, spooning over any remaining sauce from the baking dish.
- Top with almonds and mint-fetta yoghurt to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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